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PAGE 15



Code's the word

Code for Kids started as a way to occupy a bored child on PD day and has since turned into a programming not-for-profit for young nerds

PAGE 3

Sick of the fast-paced world of gardening?

Is the pressure of having the perfect rhododendrons leaving you frazzled? Try slow gardening, a movement that focuses on process over end results

Lac-Mégantic railroad files for Chapter 11

Derailed. MM&A pledges to continue operating, work on cleanup, even as it seeks bankruptcy protection

coveries, as a direct result of the tragic derailment at Lac-Mégantic," Ed Burkhardt, the chairman of both companies, said in a statement.

"A process under Chapter 11 and the CCAA is the best way to ensure fairness of treatment to all in these tragic circumstances."

Burkhardt had said a bankruptcy filing was likely because of service disruptions on its rail line that crosses through Lac-Mégantic, where the downtown core was wiped out by the fiery crash and subsequent explosions that killed 47 people on July 6.

The company also faces lawsuits and enormous clean-up costs following the disaster.

The town and the Quebec government have sent legal notices to the Maine-based railway, demanding that it reimburse Lac-Mégantic nearly \$8 million in environmental mop-up costs. The train with 72 tankers full of crude oil was unattended when it began rolling, eventually tearing into the town. **THE CANADIAN PRESS**



The downtown core lies in ruins July 11 in Lac-Mégantic, Que., after a train derailed and ignited tanker cars carrying crude. The Maine-based railroad whose oil train caused a fire and explosion that claimed 47 lives has filed for bankruptcy protection.

RYAN REMIORZ/THE CANADIAN PRESS



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Is your kid talking in code? There's a camp for that

Bright idea.

Code for Kids teaches value of computer programming



GRAHAM LANKTREE
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What started out as a way to keep a colleague's kid occupied during a PD day turned into a bright idea, says the Code for Kids non-profit founder.

"I was at Shopify and our head of talent acquisition had his kid in on a PD day. He got bored pretty fast," said Julian Nadeau, 21, who has been working for the Ottawa-based e-commerce company as a co-op student since January.

Using a Raspberry Pi computer and a credit-card sized 700 MHz device often used to teach basic computer science

in schools, Nadeau quickly showed the boy how to work with the visual programming language Scratch.

"A moment later I thought: 'Why don't we do this for a bunch of kids,'" said Nadeau, who runs the course from Shopify's event space.

The next session, which is the third of the series, will teach kids aged seven to 12 about designing user interfaces. Based on past workshops, the sessions seem to be growing.

"In May we had an event where we brought the kids in and taught them Scratch," said Nadeau, pointing out that 35 to 40 per cent of the kids who showed up were girls. The first three-hour event brought in 20 kids, the second in July roughly 60 for the morning and afternoon course where they learned how to create a web page using HTML.

By teaching kids to code, even if it's at a basic level, it



A young girl takes part in Code for Kids. The program is run out of Ottawa e-commerce software company Shopify's event space. YOUTUBE

will help them to adapt and understand how to harness the true potential and power of technology, he said.

Though he's only running workshops in Ottawa, Nadeau said he hopes to bring the program to other Can-

adian cities.

The next session runs on Sept. 14 at Shopify at a cost of \$55.

Rehab for soldiers needs overhaul: NDP critic



NDP MP Peter Stoffer, centre, poses with veterans and Veterans Affairs Canada staff in South Korea this past April. JOE LOFARO/METRO

The NDP Veterans Affairs critic has weighed into the debate about reports of a local rehab unit for Canadian soldiers being so understaffed its manager felt compelled to resign in February.

"If it's happening at that unit, you can imagine what's happening across the country," said Peter Stoffer in an interview with Metro on Wednesday.

Until February 2013,

Barry Westholm was the regional master warrant officer of the Joint Personnel Support Unit (JPSU) in Eastern Ontario.

He resigned from the program, which oversees 24 Integrated Personnel Support Centres (IPSC) across Canada designed to monitor physically and mentally injured Canadian soldiers.

He could not be reached for comment, but he told the Ottawa Citizen the Ot-

tawa IPSC is "in disarray" and isn't able to properly track military personnel, including Howard Richmond.

Richmond, a 50-year-old warrant officer with the Canadian Forces, was charged Saturday with first-degree murder in the death of his wife Melissa, 28.

A day before Ottawa police arrested him, he said in an interview he suffered from post-traumatic stress disorder.

"I was absolutely saddened by that," said Stoffer, who is also an MP in Nova Scotia.

"If, indeed, in the court of law this allegation goes one way or the other, I am sure that the family of this particular woman is going to have some serious questions to ask the defence department.

"This story, by all means, is not over yet."

JOE LOFARO/METRO



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1 NEWS

New KFC special, \$2,250 a bucket. Auction offers up fast-food iconography

A giant bucket of KFC that used to rise over the Hintonburger restaurant in Ottawa's west end is up for grabs on Kijiji for collectors who want to own a piece of the finger-licking franchise.

"I took the sign down on Monday," said 58-year-old Blackie, an Ottawa handyman who asked to be identified by his nickname. "I figured it would take a few hours to take down, but it ended up being seven and a half hours," he said.

When he helped remove a similar KFC sign a few years ago at the corner of Richmond Road and Woodroffe Avenue, Blackie said he was able to sell it for \$2,250 to a collector in Montreal.

He said the latest sign already has \$500 and \$1,000 offers after he posted the auction Tuesday afternoon.

"I want to start a bidding war," he said.

The sign remained over the



One giant bucket, now up for grabs.
CONTRIBUTED

Hintonburger restaurant after the business moved into the old KFC franchise last year.

"It's in good shape. I took it down piece by piece," Blackie said. The two fibreglass pieces that make up the bucket are now in his backyard.

"It's nine, maybe 10 feet wide," he said. "I was supposed to take it down three weeks ago, but they were talking about turning it into french fries in the bucket."

GRAHAM LANKTREE/METRO

Alleged home invader

Cops name a 3rd wanted woman

Police have issued an arrest warrant for a 22-year-old woman who police allege was part of a trio of women who pushed their way into a 60-year-old man's home, assaulted and robbed him and guzzled any booze they found.

Police say Christine Green is known to frequent the ByWard Market area. **METRO**



Christine Green
CONTRIBUTED

Chemotherapy scare

Expert urges fix for diluted drugs

Health Canada should regulate all entities that mix drugs outside a licensed pharmacy, an expert who looked into the diluted chemo drug scare recommended Wednesday.

It also urged Ontario to bring in stronger rules for licensed pharmacies by inspecting and licensing those in the province's clinics and hospitals as well as pharmacies that prepare large volumes of drug mixtures.

THE CANADIAN PRESS



Jim Clark and Joe Winstone from the Ontario Cattle Feeders Association serve up some corn-fed beef and promote local food at the Laura's Independent Grocer in Kanata on Wednesday. JOE LOFARO/METRO

Field to dish, and skip the lab: Farmer

I prefer my beef from a cow, OK? Cattleman questions petri-dish beef, touts local food

What's for dinner?

"It's not going to be on my plate for quite a while, I can honestly tell you that much."

Jim Clark, executive director of the Ontario Cattle Feeders Association, on lab-grown beef



JOE LOFARO
joe.lofaro@metronews.ca

You won't catch Jim Clark eating the so-called "Frankenburger" Dutch scientists have cooked up in a lab using animal stem cells.

The farmer and executive director of the Ontario Cattle Feeders Association said Wednesday during a promotional tour stop in Ottawa he questions the test-tube meat that made headlines last week.

"I would somewhat question why we're going that

route when we have the land base and the operations to produce the food," he said.

Experts have long wondered how the agriculture industry will cope with increased demand over the decades as the global population rises. But farmers like Clark

say countries like Canada are blessed with an abundance of readily available food and the price of groceries is "reasonable" even after inflation.

Clark comes from five generations of farming, so it's no wonder his skepticism of lab-made meat is so high.

Until the end of October, Clark is driving a tractor-trailer across the province to tout the benefits of locally grown food and promote beef from cattle fed what he calls a "complete ration" of hay, wheat, barley and corn.



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Chris Ralph, artistic director and co-founder of The Acting Company, shows off the renovations that will transform one of Ottawa's first cinemas into a place for stage actors to hone their talent. HELEN PIKE/FOR METRO



At left is an archival photo of the Avalon Theatre, which operated as a cinema from 1928 to 1956. At right, the building as it looks today, converted into retail space. LEFT: COURTESY BYTOWN MUSEUM; RIGHT: HELEN PIKE/FOR METRO

Historic Glebe theatre to house acting school

The gifts of Avalon.

The Acting Company selected the theatre for its size and cost

Find it and they will come

"Unless you build a theatre, unless you have a million dollars, you have to find a space and really renovate it." Chris Ralph, artistic director and co-founder of The Acting Company

HELEN
PIKE

ottawa@metronews.ca

From the street it doesn't look like much, but tucked behind a Bank Street storefront in the Glebe is a hidden gem that's getting a second chance in show biz: the historic Avalon Theatre.

It was one of the first cinemas in Ottawa to play "talkies" and is now being converted into the home of The Acting Company, Ottawa's newest acting school.

Chris Ralph, artistic director and co-founder of the company was surprised the minute he stepped foot in the 1920s building.

The space, which is up a flight of stairs and down a long and narrow hallway, has high ceilings, brick walls and a three-floor open-concept design.

Ralph said that venues ideal for small theatre are hard to come by, especially if you are on a budget.

The Acting Company

hopes to seat about 60 people in the new space — a capacity Ralph says is good for acting classes, small performances and other community events.

He says demand for small-scale venues in the Glebe has grown over the years.

"We had looked a long time to find the right space and had almost given up, because unless you build a theatre, unless you have a million dollars, you have to find a space and really renovate it," he says.

Province balks at funding drug 'that can save a life'

Quoted

"We're not asking you to fund a drug that you could control a patient's symptoms if they just ate better. We're asking you for a drug that can save a life."

Tracy MacIntyre, whose daughter Morgan relies on Soliris

Although battling a rare genetic disease, 12-year-old Morgan MacIntyre travelled to the Calgary Stampede in July with her mom for the first time thanks to the revolutionary new drug Soliris.

But the ability of patients to get the drug is in doubt in part because provincial governments may not be willing to foot the medication's \$500,000-plus annual price tag. A Common Drug Review, issued July 18, said it's too expensive for health-care plans to take on. Quebec funds the drug, but Ontario hasn't yet weighed in.

"To me, it fundamentally doesn't make sense," said Morgan's mother, Tracy MacIntyre, of the recommendations made for Soliris, also known as eculizumab, by the Canadian Agency for Drugs and Technologies in Health.

However, the review's criticisms of the drug go beyond cost. It also found there were gaps in the research relating to

the drug's efficacy in different patient subgroups, and it noted the trials had not been controlled and randomized. "The clinical benefit of eculizumab could not be adequately established," it said.

MacIntyre has been fighting on her daughter's behalf since she was diagnosed with atypical hemolytic uremic syndrome (aHUS) at just 13 months old. Since then, weekly kidney dialyses have left her organs damaged.

The disease afflicts fewer than 60 patients in Canada and can emerge at any time. It pushes the immune system into overdrive and attacks both the body's healthy and unhealthy

cells, leading to blood clots, blood-vessel damage, heart attack, stroke and kidney failure.

Yet even getting a diagnosis is difficult since many doctors are unfamiliar with the pattern of symptoms.

"We were extremely lucky," said MacIntyre, noting that blood work and a doctor who had seen the disease in Europe were the key to unlocking its flu-like symptoms.

Morgan once needed two to three hours more sleep than average kids, and couldn't go to school for all five school days. On Soliris since January, MacIntyre says she has made a marked improvement.

GRAHAM LANKTREE/METRO

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'Concerning' shortage

Blood Services falls into the red

Fewer Canadians have donated blood this summer, which has led to a "concerning" shortage that has prompted the Canadian Blood Services to draw on its national reserves, the charity said Wednesday.

More than 50,000 donations are needed between now and Labour Day to meet constant demand from hospitals and keep blood inventories at acceptable levels, the group said.

A spokeswoman for the group said the summer is usually "the biggest challenge of the year" partly because many of their regular donors are travelling.

THE CANADIAN PRESS

Didn't cost a nickel

Baby beaver flies to its new lodge

An orphaned baby beaver who was found on a trail in rural Manitoba was being flown to its new home in Ontario Wednesday.

The beaver has been named President, in honour of President Air Charter, which volunteered to fly the pup from Winnipeg to Peterborough so the animal could be rehabilitated.

The Aspen Valley Rehabilitation Sanctuary, which already houses seven beaver cubs, said its current residents would provide much-needed companionship for the new arrival.

THE CANADIAN PRESS

Rehtaeh Parsons

Cyberbullying law enacted in N.S.

Time will tell if new cyberbullying legislation in Nova Scotia will protect young people from their online tormenters, the father of Rehtaeh Parsons said Wednesday as the law came into effect.

"It's only going to be as good as the people enforcing it," said Glen Canning in an interview.

The Cyber-Safety Act allows people to sue if they or their children are being cyberbullied. Victims can also seek a protection order that could place restrictions on or help identify the cyberbully.

In the case of a lawsuit, parents of cyberbullies could be held liable for damages if the aggressor is a minor. **THE CANADIAN PRESS**

End of DOMA saves Canucks in the U.S.

Defense of Marriage Act. News that change applies to foreign gay couples a true godsend



JESSICA SMITH
Metro in Toronto

On Friday, the U.S. secretary of state announced life-changing implications to thousands of Canadians: the end of the Defense of Marriage Act applies to all married same-sex couples, not just American citizens.

For Canadians like Brandon Marshall and his husband Mike Aldridge, the death of DOMA was fantastic news — but after the initial celebration they were left with a few questions.

"We were just really over the Moon. It had such a big, direct implication for us," said Marshall. "But there was still a little bit of confusion as to what exactly it meant for us.... We weren't sure if it was just for U.S. citizens trying to sponsor their partners."

Marshall is an assistant professor in the Department of Epidemiology at Brown University's School of Public Health. Aldridge is able to stay in the U.S. for now as he studies for a Masters of Health Science as a radiology assistant.



Brandon Marshall, right, and his husband, Mike Aldridge, in a photo taken on Block Island. COURTESY BRANDON MARSHALL

Respect here and there

"It's just wonderful to have our marriage fully recognized. It's not to say we'll live here forever ... but to have these opportunities afforded to us like any other couple is wonderful." Brandon Marshall

Marshall has now started applying for a green card based on his tenure-track position with Brown. If it is approved, Aldridge will get a green card like any another spouse.

And that changes everything for them.

Since Marshall began post-

doctoral studies in the U.S., they've had a difficult time finding ways to be together.

Aldridge could only stay in the U.S. for six months on a tourist visa. Going back to school would only be a temporary fix: even after he graduates, getting a work-based visa

in his field would have been a challenge.

"It was looking pretty bleak," said Marshall. "Having DOMA repealed allows us to have longer-term options and plans on the table now."

For Aldridge, DOMA meant he couldn't work. Every time they crossed the border, guards had the discretion to re-evaluate his visa. They always worried he would be denied.

"To have your marriage ... not count is so disheartening and frustrating, to be treated differently at that moment," he said.

'Offensive.' Women's lobby scolds Baird over defence of gay rights

A conservative women's group has slammed Foreign Affairs Minister John Baird for defending gay rights on the world stage, saying his views are at odds with Canadian values and even his own party.

In a news release Wednesday, REAL Women of Canada said the minister has abused his post "to further his own perspective on homosexuality."

"It really is offensive," Gwendolyn Landolt, national vice-president of REAL Women, said in an interview. "The issue is really why is he interfering in a sovereign country?"

"I don't want other countries to get what we have here where people's religious values and traditional values are being pushed aside and giving homosexuals priority."

Their criticism is linked to Baird's defence of same-sex rights in places such as Uganda and recently Russia, which is under fire for a new law that outlaws gay rallies and the use of the media and Internet to promote gay causes.

Baird revealed last week that Canada has been working for months trying to convince Russia not to implement the law. In an interview with The Canadian Press, Baird said the "mean-spirited and hateful law" is an "incitement to intolerance." **TORSTAR NEWS SERVICE**

\$55,000 loan puts embattled senator under more scrutiny

Follow the money

"When a politician is receiving loans from numbered companies, that raises many, many questions."

NDP ethics critic Charlie Angus

An Ottawa businessman's \$55,000 loan to Sen. Mac Harb is raising fresh questions in the Senate ethics scandal.

The Mounties are already looking into Harb's questionable housing claims, but new information has emerged that could land the beleaguered senator — formerly a member of the Liberal caucus — in more hot water.

Brian Karam, an Ottawa lawyer who has for years done business with the federal government, was behind the loan, documents obtained by The Canadian Press show.

The Criminal Code states

that government officials cannot accept an "advantage or benefit" of money from someone who deals with the federal government without first getting written permission.

That is one of the reasons the RCMP is investigating Harb's Senate colleague Mike Duffy, who accepted \$90,000 from Prime Minister Stephen Harper's former chief of staff to cover his own improper housing claims.

The Senate refuses to say if Harb sought or was granted permission before accepting the loan.

"This is private information," said a terse email from Senate spokeswoman Annie Joannette. She directed questions to Harb's office, but those queries have gone unanswered.

The RCMP was also keeping tight-lipped. "We're not in a position to comment on the matter," spokeswoman

Cpl. Lucy Shorey wrote in an email Wednesday.

Property records show Harb accepted a \$55,000 loan from a numbered company on May 17. The senator filed an updated disclosure statement to the Senate ethics officer on June 12, indicating he owed an unspecified amount to 1202864 Ontario Ltd.

Corporate documents show Karam is the sole owner of the company.

Documents also show Karam is the president and a director of another numbered company, 595799 Ontario Ltd. That company operates as The Business Inn, a hotel in downtown Ottawa that caters to long-term stays.

Public records show the federal government has awarded The Business Inn more than \$9 million in contracts since 2009. The most recent contract, worth \$1.87 million, runs until the end of this year. **THE CANADIAN PRESS**

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'Sorry I'm late,' says man after marathon swim to Detroit

Lake St. Clair. Dreyer began his swim towing two dinghies full of bricks, but ended the feat with just one

Nearly 51 hours after jumping into a lake near the Michigan-Canada border, a long-distance swimmer who calls himself The Shark finished his 35.4-kilometre journey to Detroit while hauling more than a half-ton of bricks.

Jim Dreyer had been pulling two dinghies bearing 334 bricks weighing more than 907 kilograms behind him when he departed Monday for the swim across Lake St. Clair. But by Wednesday

Seeing things

Jim Dreyer said he had a number of hallucinations, including one he described as a vision of Jesus.

- "I saw a guy in a white robe standing on the water," Dreyer said. "I swam up to him and he disappeared. I was thinking he was the Big J.C."

morning, after moving more slowly than expected, he was only hauling one during the swim's final stretch.

"It is so good to be in Detroit," he said after landing on the beach and kneeling. "Sorry I'm late."

Dreyer's swim near the



Jim Dreyer, a long-distance swimmer, arrives at Belle Isle in Detroit on Wednesday, after swimming across Lake St. Clair while hauling dinghies filled with more than 907 kilograms of bricks. The event raised funds and awareness for Habitat for Humanity. CARLOS OSORIO/THE ASSOCIATED PRESS

Michigan-Canada border was to raise money for Habitat for Humanity, but he said it had other symbolic meaning given the situation in Detroit, which has filed for bankruptcy protection.

"What I really wanted to show is that even though there's a lot of financial pain

in the state of Michigan — and nobody's felt more pain than the city of Detroit — we don't have to sink with the weight of our burdens," he said.

Dreyer ended his swim at Detroit's Belle Isle, located on the Detroit River across from Canada. He had ex-

pected to finish Tuesday after about 30 hours, but he said waves along the way — up to a metre during the day and more than a metre at night — slowed him down.

"When you're pulling a ton of bricks into the whitecaps that's a big wave," Dreyer said. THE ASSOCIATED PRESS

Russia's anti-gay laws

Sulu backs Games move to Vancouver

Activist and actor George Takei, best known as Sulu in the original Star Trek TV series, is calling for the Sochi 2014 Olympic Games to move to Vancouver. He's the latest celebrity to weigh in on Russia's anti-gay laws and is endorsing an online petition that has garnered more than 40,000 supporters. THE CANADIAN PRESS

Tattoo shop

One way to kill the competition

The owner of a tattoo shop in North Bend, Ore., is accused of trying to shoot the owner of another tattoo parlour to eliminate his competition.

Court papers say the gun apparently jammed but Bay Area Ink owner David Edgar Wonnacott hit Flying Chicken Tattoo owner Brian Graham's head with the butt of the weapon. THE ASSOCIATED PRESS

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Autopsy report. N.B. brothers killed by python died of asphyxiation

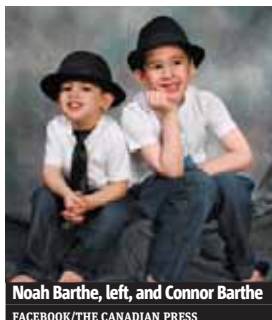
The two boys killed by an African rock python in Campbellton, N.B., died from asphyxiation, say preliminary results of autopsies released by the RCMP.

The Mounties said a pathologist came to that conclusion after completing the autopsies on four-year-old Noah Barthe and his six-year-old brother Connor.

"While we now have some preliminary information, investigators still have to wait for other test results to come back and for the final report," Sgt. Alain Tremblay said in a statement Wednesday.

"We recognize that this has touched the hearts of people across the world and that people want to know how this could have happened. Our investigators are looking at all aspects of this tragic incident, and that will take some time."

Tremblay said the necropsy on the snake shows that it was in overall good health but they are still waiting for a final report. **THE CANADIAN PRESS**



Noah Barthe, left, and Connor Barthe
FACEBOOK/THE CANADIAN PRESS

Ont. considering new laws

Ontario will consider new laws on exotic pets. Community Safety Minister Madeleine Meilleur said she wants to talk to municipalities about having a common set of regulations, rather than the current "patchwork," which leaves regulation of potentially dangerous animals up to municipal bylaws.

TORSTAR NEWS SERVICE



Ariel Castro's Cleveland nightmare house destroyed

The home where three women were held captive and raped for more than a decade is torn down in Cleveland on Wednesday. Authorities said they wanted to make sure the rubble isn't sold online as "murderabilia." Ariel Castro, 53, was sentenced last week to life in prison plus 1,000 years after pleading guilty to 937 counts including aggravated murder, kidnapping, rape and assault.

MARVIN FONG/THE PLAIN DEALER/THE ASSOCIATED PRESS

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IOC, Russia feel pressure over anti-LGBT law

Sochi Olympics. Obama says he has 'no patience' for discrimination, while British actor Stephen Fry calls 'absolute ban' of Winter Games 'essential'

With the Sochi Olympics just six months away, U.S. President Barack Obama and Stephen Fry have increased attention on Russia over its new anti-gay law.

The law, which was signed by President Vladimir Putin in June, bans "propaganda of nontraditional sexual relations."

Obama cancelled a September meeting in the city with Putin in a rebuke over Russia's harbouring of NSA leaker Edward Snowden, having also said in an interview hours earlier that he had "no patience" with countries that discrim-

ate against gay people.

"I think they (Putin and Russia) understand that for most of the countries that participate in the Olympics, we wouldn't tolerate gays and lesbians being treated differently," Obama told host Jay Leno on Tuesday's edition of *The Tonight Show*.

Fry, the British author and actor, went further in an open letter to British Prime Minister David Cameron and IOC President Jacques Rogge, comparing Putin's "barbaric, fascist law" to persecution of Jewish people in Nazi Germany.

"An absolute ban on the Russian Winter Olympics of 2014 in Sochi is simply essential," Fry wrote. "At all costs, Putin cannot be seen to have the approval of the civilized world."

Fry's letter was delivered by All Out at Olympic headquarters in Lausanne along with a 320,000-name petition asking the IOC to denounce the law in Russia.

Quoted

"Putin cannot be seen to have the approval of the civilized world."

Author and actor Stephen Fry, in an open letter to U.K. Prime Minister David Cameron and IOC President Jacques Rogge

After a one-hour meeting with All Out campaigner Guillaume Bonnet, IOC spokesman Mark Adams told *The Associated Press* that the Olympic body "cannot enter into political debate."

"Our challenge is to change the world through sport and in sport, and that is what we are doing," Adams said. "We very much respect and welcome gay athletes to the games. We will ensure to the best of our ability that people can come and compete and spectate free of discrimination."

THE ASSOCIATED PRESS



Hong Kong haul points to surge in poaching

Hong Kong customs officials have seized a shipment of 1,120 ivory tusks, 13 rhino horns and five leopard skins worth about \$5.5 million, according to Vincent Wong, customs' head of ports and maritime command. They were found in a container full of wood that originated in Nigeria, he said. Wildlife activists say China's growing presence in Africa is to blame for an unprecedented surge in poaching of elephants for their tusks, most of which are believed to be smuggled into China and Thailand to make ivory ornaments. Ivory can fetch up to \$2,000 per kilogram on the black market and more than \$50,000 for an entire tusk. No one has been arrested in the case. LAM YIK FEI/GETTY IMAGES

Free work. MLB should have paid volunteers, suit argues

A lawsuit filed in New York says Major League Baseball staffed a profitable 2013 All-Star FanFest last month almost entirely with more than 2,000 unpaid volunteers.

The federal lawsuit was filed Wednesday in Manhattan. It seeks unpaid wages and an order to stop the league from soliciting and accepting work from unpaid volunteers.

The lawsuit says recruiting volunteers violates federal and state minimum wage laws. Lawyers brought the lawsuit on behalf of a Queens



A young fan poses with gear he got at MLB's All-Star FanFest. THE ASSOCIATED PRESS FILE

man who volunteered for five days at the event. THE ASSOCIATED PRESS

Insurance. Your car could spy on your driving habits

Cars are already connected with automated parallel parking and Internet-based entertainment, and now technology can track driving habits like hard braking that could affect a driver's insurance rates.

Known as usage-based insurance, a small wireless device is installed into a vehicle's diagnostic port and measures distance travelled annually, frequency of hard braking and acceleration, as well as time of day the vehicle is driven to determine savings on insurance.

Already in use in the

United States, United Kingdom and some parts of Europe, usage-based insurance was recently launched in Ontario and Quebec on a voluntary basis by Desjardins Insurance and its subsidiary, The Personal Insurance Company.

"We cannot use the data to cancel, not renew or increase the premiums, or use it for a claim," said Denis Cote, vice-president of marketing at Desjardins. "It's written in black and white on the conditions. The information is only accessible to the customer," he said. THE CANADIAN PRESS

Apps don't help babies learn, group contends

Washington. Advocates ask U.S. regulators to examine claims made about educational value of mobile games for very young children

Quoted



"Everything we know about brain research and child development points

away from using screens to educate babies."

Susan Linn, director of Campaign for a Commercial-Free Childhood

Smartphones don't make smart babies, an advocacy group declared Wednesday in a complaint to the U.S. government about mobile apps that claim to help babies learn.

The Campaign for a Commercial-Free Childhood, whose allegations against Baby Einstein videos eventually led to nationwide consumer refunds, is urging federal regulators to examine the marketing practices of Fisher-Price's Laugh & Learn mobile apps and Open Solutions' games, such as Baby Hear and Read and Baby First Puzzle.

The Boston-based group says developers are trying to dupe parents into thinking apps are more educational than entertaining.

It's the campaign's first complaint to the Federal Trade Commission against the mobile app industry as part of its broader push to hold businesses accountable for marketing claims about their technology to very young children and their parents.

"The research shows that machines and screen media are a really ineffective way of teaching a baby language," said Susan Linn, the group's director. "What babies need

for healthy brain development is active play, hands-on creative play and face-to-face (interaction)."

The American Academy of Pediatrics discourages any electronic "screen time" for infants and toddlers under two, while older children should be limited to one to two hours a day. It cites one study that found infant videos can delay language development, and warns that no studies have documented a benefit of early viewing.

In a statement provided to The Associated Press, Open Solutions said it agrees that electronics are not a substitute for human interaction. But it noted the many positive reviews its apps have received by customers. "We also don't say, 'Get this game and let it teach your child everything,'" wrote the company, based in Bratislava, Slovakia.

Fisher-Price of East Aurora, N.Y., which The Associated Press contacted by phone and email, did not respond to questions.

THE ASSOCIATED PRESS

Air travel

Saudi airline starts direct flights to T.O.

Canadians heading for pilgrimage in Saudi Arabia will soon be able to fly directly to the kingdom, with the country's national airline Saudia starting service to Toronto this fall. The direct flights will be of special interest to thousands of Canadians who travel to the kingdom each year for hajj and umrah pilgrimages. THE CANADIAN PRESS

Television

CRTC to rule on designation for Sun News Network

Sun News Network finds out Thursday if it will get a coveted guaranteed spot on the television dial. The Quebecor-owned network is seeking mandatory carriage from the Canadian Radio-television and Telecommunications Commission, meaning cable and satellite providers would have to include the channel as part of basic TV packages. THE CANADIAN PRESS

Market Minute

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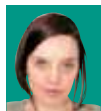
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Circus, won't you please stay?

Sophie Latreille.

Fundraising efforts now underway to fund Ottawa Circus School by creating a permanent training facility



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

A local circus arts performer and instructor is making plans to bring the circus to town permanently.

Sophie Latreille is the founder and director of Ottawa Circus, which operates three companies: Mini Cirque, Fire Weavers and the newly created Ottawa Circus School.

For the past decade, Mini Cirque has offered a variety of circus day camps, hula hoop classes and workshops to both kids and adults while Fire Weavers has brought unique and fiery performances to all types of local events.

Now, Latreille says, her goal is to bring it all together through the Ottawa Circus School by creating a permanent circus arts training facility.

"We've done a lot of circus programs out of the Glebe Community Centre but the programs have really outgrown that space and they're ready for a permanent space and equipment."

The Ottawa Circus School would offer a variety of programs, both recreational and pre-professional for those interested in having a career in circus arts.

Let's make some cash

To achieve their goal, Ottawa Circus will be hosting fundraising events throughout the year.

- They're also offering free "circus jams" every Tuesday throughout the summer from 7:30 to 9 p.m. at Ottawa City Hall.
- The jams are open to all ages and give participants a chance to explore different aspects of circus arts. Though they're free of charge, Latreille says donations are always welcome.
- For more information or to donate to the Ottawa Circus School, go to ottawacircusschool.com

Latreille and Ottawa Circus have just started their fundraising phase to launch the Ottawa Circus School. Right now, they're searching for a centrally located space in the city with the goal of raising \$50,000 over the next year to make the school a reality.

"What we're looking to do is to raise funds to renovate a space and rig it, get all the mats and aerial equipment that we're going to need to get started," explains Latreille.

"To really do aerial arts properly, you need a really high ceiling, so that's not really available in the programs right now, but it's something that I would love to bring to Ottawa — a facility that allows us to do all the arts to their full potential."



Ottawa Circus founder and director Sophie Latreille is looking for a permanent space to house the Ottawa Circus School. COURTESY OTTAWA CIRCUS

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They're all still asking
Whose Line Is It Anyway?**Reunited cast.** CW
has already ordered
a second season of
revived comedy showMost TV shows have their time on the schedule, get cancelled and then the cast scatters in all directions, never to reunite again. Then there's *Whose Line Is It Anyway?*

The improv comedy series began 25 years ago as a radio show in the U.K. A British TV series soon followed, and the format — with some of the same theatre sports players — migrated to America in 1998.

Inexpensive to produce, the American version, hosted by Drew Carey, ran on ABC until 2007. This summer — after sorting out some ownership issues between England and the United States — it returned in North America, with the nucleus of the ABC team — Ryan Stiles, Colin Mochrie and Let's Make a Deal host Wayne Brady — back before the cameras.

The show is a hit on the CW, and a second season has already been ordered.

"Wherever we went," says Stiles, "everyone would ask, 'When's *Whose Line* coming back?'"

Mochrie, born in Scotland but raised in Montreal and Vancouver, admits there was a little trepidation coming back to television. "Is it going to be embarrassing old guys doing

Actors Ryan Stiles, Wayne Brady, Aisha Tyler and Colin Mochrie at a *Whose Line Is It Anyway?* event in California.
GETTY IMAGES

their stuff?"

Stiles was less worried. "It was just like we had taken a long lunch break," he says.

Stiles was born in Seattle to Canadian parents and grew up in Vancouver. He was a member of the Toronto Second City troupe in the '80s that included Mike Myers.

Whose Line gained a reputation as a comedy the entire family could watch, although Stiles says his two children, now ages 21 and 19, never did. "It embarrassed them," he says.

Sometimes the show did get a little bawdy, especially the early British episodes.

"We never knew where the line was," says Mochrie, "be-

cause in Britain, there was no line — you could do anything."

Mochrie recalls that ABC censors once edited out a scene where he kissed frequent guest player Greg Proops.

"The scene before that, I killed three women and threw them out a window, so I can't kiss a man but I can kill people!"

One outrageous episode in the American version featured kinetic fitness guru Richard Simmons, who got down on all fours during one skit and pretended to be a human jet-ski. Mochrie wound up "riding" him, which sent Carey practically under his desk with laughter.

The new series is shot in the same Hollywood studio as the

Quoted

"Wherever we went everyone would ask, 'When's *Whose Line* coming back?'"

Ryan Stiles

version that aired a decade ago on ABC, with many of the same crew members. The host is different, with Tyler giving as good as she gets. She told Mochrie she was going to award him a million points after one game. The points were, she said, "just like a Canadian Emmy — they don't mean anything."

THE CANADIAN PRESS

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Shark Week kickoff has fans biting mad

From fact to fiction.
Viewers attack
network over monster
shark mockumentary

A Discovery network special that speculated about whether a giant prehistoric shark could still exist has drawn a passionate response from viewers and starkly raised the question about the worth of big ratings.

The program, *Megalodon: The Monster Shark Lives*, opened Discovery's annual Shark Week during the week-end. With an estimated 4.8 million viewers, it had the largest audience of any show in the 26 years that Discovery has made Shark Week a part of its summer programming, the Nielsen company said.

Yet it drew a heated response online from viewers who said airing a "mockumentary" compromises the network's reputation.

"It's the ultimate Shark Week fantasy," said Michael Sorensen, Discovery's senior director of programming. "The stories have been out there for

years, and with 95 per cent of the ocean unexplored, who really knows?"

Discovery's Shark Week Web page and Facebook and Twitter sites filled after the show with complaints from fans who objected to the program, saying they were surprised a science-based network seriously discussed the existence of a fearsome creature when there is no evidence it exists today. The "Megalodon" special was reminiscent of two shows on sister network Animal Planet about mermaids, which also got big audiences.

In a blog post, actor Wil Wheaton said he is a regular viewer of Shark Week but he was disgusted by the show. He said Discovery owes an apology to viewers who have grown to trust the network for its presentation of science. "Discovery

Channel betrayed that trust during its biggest viewing week of the year," Wheaton wrote. "Discovery Channel isn't run by stupid people, and this was not some kind of a mistake. Someone made a deliberate choice to present a work of fiction that is more suited for the SyFy channel as a truthful and factual documentary. That is disgusting."

At the end of the special, Discovery aired three disclaimers. Discovery said that none of the institutions or agencies that appear in the film is affiliated with it in any way. The network also said that "though certain events and characters in this film have been dramatized, sightings of 'submarine' continue to this day."

THE ASSOCIATED PRESS

Quoted

"Someone made a deliberate choice to present a work of fiction that is more suited for the SyFy channel as a truthful and factual documentary."

Actor Wil Wheaton on Discovery Channel's *Megalodon: The Monster Shark Lives*



The program *Megalodon: The Monster Shark Lives* opened Discovery's Shark Week this year with an estimated 4.8 million viewers, the largest audience of any show in the 26 years of Shark Week. THE ASSOCIATED PRESS

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Mark Wahlberg

Wahlberg tells 'naughty' Bieber to clean up his act

Mark Wahlberg is no stranger to being a shirtless pop star with sagging pants, so he speaks with some authority when he gives advice to Justin Bieber — which is exactly what he did during an interview recently.

"Justin, are you listening? Don't be so naughty, yeah?" Wahlberg said in a faux-British accent. "Be a nice boy, pull your trousers up, make your mum proud, yeah? Stop smoking all that weed, you little bastard."



Sylvester Stallone ALL IMAGES GETTY

'Greedy and lazy' Willis expendable to Sly as star launches Twitter attack

Sylvester Stallone doesn't like to hold back when it comes to Twitter. He couldn't resist taking a shot at Bruce Willis after announcing the Die Hard star had bowed out of the upcoming Expendables 3 despite appearing in the first two films. Shortly

after announcing that Willis is out and Harrison Ford is in, Stallone posted a not-so-subtle, "Greedy and lazy. A sure formula for career failure." Stallone's reps confirmed to the Huffington Post that the words were meant as a reference to Willis.

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The Word



Turns out Lindsay Khan really get on your nerves

Lindsay Lohan may be looking responsible and mature post-rehab, but while serving her 90-day stint at Cliffside Malibu she reportedly got under the skin of fellow patient Chaka Khan, according to Radar Online. "Lindsay just pushed all of her buttons to the point where she was aggravated and tired of Lindsay's s—," a source

who was receiving treatment at the same time says. "Lindsay was just doing stupid stuff for attention, so Chaka told her she was childish and told her to grow up. Chaka was so annoyed with Lindsay. It got so bad that she refused to get in the same car with her or go to the same meetings. So Cliffside had to change everything up schedule-wise so the two were never together." Not only that, but the soul singer even checked out of rehab early just to avoid Lohan: "Chaka told me she was leaving early because she couldn't stand Lindsay," the source says



Dustin Hoffman

Hoffman out of woods for now after cancer scare

Dustin Hoffman recently underwent treatment for cancer that doctors were able to find early enough to "surgically cure" him, his reps tell People magazine. "Dustin is feeling great and is in good health," his rep

says, though she did not specify what type of cancer Hoffman had developed. The actor will continue preventative treatment to reduce the risk of the cancer returning.



Twitter



@Sethrogen

People seem more interested in the news that Harrison Ford has been cast in a movie than they are the actual movies he's in.



@markduplass

We don't need more scripts where the lead character gets fired & gets dumped in the 1st 5 minutes to justify their ensuing zany antics.



@pattonoswalt

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It's about time. The world's about to mix style with smart

RICHARD PECKETT

Metro World News

The Dick Tracy-style voice command watches are here. Yes, it'll be okay to chat to your wrist in public, but hey, thanks to Bluetooth phones we can already hear street soliloquies, so it shouldn't be a big deal. The question is: are today's smartwatches techy enough for the mass market?

"Only 100 million smartwatches will be shipped by 2017, in comparison to 1.6 billion smartphones and 280 million tablets," predicts sen-

ior analyst Joshua Flood at market intelligence company ABI Research. However, current smartwatches are likely to have an appeal with so-called "iPhone fanatics," thanks to their email, text, social media (Facebook and Twitter) and phone message alerts.

In fact, the iPhone generation has provided a fashionable market opportunity for Sweden-based Mutewatch, a "retro and futuristic" timer as described by CEO Mai-Li Hammargren. To look at, it's incredibly '80s, with a touch of Knight Rider-style but the technology is suitably Noughties: it has no buttons, is activated with the flick of a wrist or a touch of the screen, and charged via USB (battery life three to four days).

Smartwatches are part of

a growing wearable technology trend, with head-mounted device Google Glass slated to hit stores in the U.S. at the end of this year and Europe in early 2014. However, whereas Mutewatch is something of a silent revolution that in Hammargren's words "handles digital lifestyle," companies such as i'm Watch, Martian and Pebble are hoping to get wearers wired up to social media, such as Twitter and Facebook, for a more immersive experience.

But why are technology giants entering into an always-risky new market? Flood explains, "A smartwatch that can sync with your smartphone is a great way for brands like Apple and Samsung to build on their foundation of tablets

and phones." He adds: "It's an ideal device from the component side too because they already have the necessary partners and contracts in place to produce a smartwatch — it's simple in terms of ecosystem and software."



What's on the market?



The classic watchmakers

Casio G-Shock GB-6900AA links to iPhone 4s and 5. The device notifies the wearer of calls and emails and has a "phone finder" function. \$180, casio.com

The classic watchmakers

Citizen Eco-Drive Proximity AT7030-05E syncs with an iPhone 4S or 5. The watch vibrates with calls, emails and events on download of a free proximity app. \$495, citizenwatch.com



Technology drivers

Martian G2G offers iOS and Android compatibility. The timepiece has inbuilt voice command via Siri or Google Voice for smartphones and includes social media updates and posting. \$249, martianwatches.com

The technology drivers

i'm Watch can receive calls, emails and even manage events and appointments, with the added bonus of enabling the user to download and listen to music. \$299, imsmart.com



News. Apple eyes the style experts



The ties between fashion and technology are drawing tighter as Apple appoints YSL Group's former chief executive Paul Deneve. "He'll (Deneve) be working on special projects as a vice-president reporting directly to (CEO) Tim Cook," announced Apple.

Deneve is the latest recruit from the fashion world to join the Californian-based company, with J.Crew's CEO and chairman Mickey Drexler on Apple's board, while Cook is a director at Nike Inc. **RICHARD PECKETT**

One-minute miracle

Moroccanoil Body Buff, \$42, moroccanoil.com

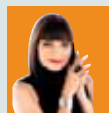
"This scrub exfoliates, hydrates and conditions thanks to a mixture of orange peel, almond, safflower, sesame, avocado and grape seed oils and vitamin E—and of course the signature Moroccanoil ingredient, argan oil."



Ashley Kowalewski, The Kit.ca

FOR MORE FASHION AND BEAUTY NEWS YOU CAN USE, CATCH UP WITH THE KIT AT THEKIT.CA

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Savouring the beauty of a #NovaScotia beach. Sublime weather!!!



What a way to move around! Running errands in Chester... in style. Thanks to my pal Tim Moore...

The Kit

Canadian street style

Spotted in: Toronto

Emma
Marketing Director
Age: 27

What she's wearing

Ripe floral dress from Winners, Steve Madden sandals, Anon sunglasses, vintage necklace.

Her inspiration

"I get inspiration from other people's style, street



style! And from my friends. I also check out fashion blogs like High Snobiety and Bloomberg Weekly."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT — AN E-NEWSLETTER PROGRAM — AND A WEEKLY NEWSPAPER SECTION TOO!

3
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Add fashion to your floors

With fall only a few weeks away it's time to think about warming up your feet — while adding style to your rooms, of course. Let's take a walk through the house and see what rug style the e-tailers are offering up this fall.



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Bedroom

No need for a large rug to go under the bed; measure the remaining floor space after the bed is in place, then choose a rug size to cover the remaining floor. Add some old world charm to your hardwood with a farmhouse style poly/cotton braided rag rug.

Pandoro Dusty Shale Oval, five by eight inches, \$230, homesav.com



Living room

If you have solid-coloured, plain-patterned living room furnishings then choose a rug that has pattern. Remember that the front feet of all furnishings must be sitting on the rug; if they are not then the rug is too small for the space. Large-scale gingham pattern uses all the trendy colours.

Stockholm Checkered Reversible Wool Rug eight by 11.5 inches, ikea.ca



Dining room

Since the table and chairs will sit in the centre of the rug; keep the edges lively with colour rather than the centre. Rule of thumb is that border-designed rugs work better in dining rooms. Surround the table and chairs with an artful border that is reminiscent of an Art Nouveau landscape painting.

Mohawk's Stain-resistant nylon Strata Valence eight by 10 inches, \$300, homedepot.ca



Kitchen

Standing and cooking for long periods of time is made bearable with a rug filled with non-toxic gel.

Wicker textured Oyster Grey Gel filled mat, 20 by 48 inches, \$160, gelpro.com



Foyer

Keep the look of a foyer rug "busy" or worn to help hide high-traffic wear, and use colour as a decor statement to compliment what you have throughout the house. Vintage over-dyed rugs are saturated with colour for old-world style with a contemporary vibe.

Three-by-nine Colour Transitions Vintage Wool Sumak Rug, \$380, ecarpetgallery.com



Bathroom

I like themed bath mats; that way I don't confuse them for a towel! This cozy cotton lamb lies patiently for your wet feet.

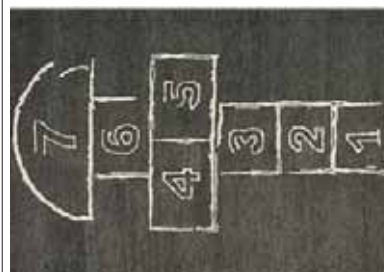
Small Sheep Bath Mat, two by three inches, \$20, simons.ca



Kids

Durable enough to play on yet comfortable enough for nap time on the floor. Could be fun in the foyer too. Cement-coloured fun mimics chalk on the road.

Hopscotch Rug, four by six inches Wool, \$230, cb2.com



Outdoors

Wake up the great outdoors with crisp blue and white underfoot. Also great to use in play and sunrooms indoors.

Fab Habitat Athens Outdoor Rug, six by nine inches, \$215, amazon.ca



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What's the big rush? Slow gardening focuses on process

Slow Food Movement.

Life has enough stresses — keep them out of your garden

Felder Rushing is not a man to be hurried. This former county extension agent turned folklorist, author and lecturer is an advocate of slow gardening — emphasizing the process over the product.

"Life has a lot of pressures," Rushing says. "Why include them in the garden?"

Slow gardening is an offshoot of the international Slow Food Movement, which, in its words, aims "to strengthen the connection between the food on our plates and the health of our planet." Think of it as mixing ecology with gastronomy, promoting wellness over the high-calorie fare of many fast-food menus.

The way Rushing looks at it, fast food gardening means outsourcing most gardening

pleasures.

"A lot of people feel they're too busy to maintain their lawn and shrubs, so they hire 'mow and blow crews' to get it done," he says. "That's fine, but it's product-oriented. Others like eating out regularly. That's OK, too, but it's not home cooking or enjoying what you grow."

Slow gardeners, on the other hand, look forward to whatever needs doing. "They're anticipating, performing and sharing the process," he says.

Slow gardening is more psychological than horticultural. "Some people make their beds every morning even if they live alone and nobody's there to notice," he says. "They do what they do because it makes them feel good."

Yet slow gardening is not lazy gardening; there are no shortcuts or how-to lists.

"Sometimes it can get pretty intense and long on gadgets," Rushing says. "But

Tips

Some suggestions from Rushing's book *Slow Gardening, A No-Stress Philosophy for All Senses and Seasons*.

- **Take it easy.** Gardening doesn't have to be stressful or a rush to reach harvest. Go slow while you grow.
- **Don't try keeping up with the Joneses.** "A lot of gardeners are scared they're going to mess up," Rushing says. "What are the neigh-

bours going to say? I'm saying hold your head up and go on. Make mistakes and savour them. People are going to talk about you anyway."

- **Don't be penny-wise and flavour-foolish.** "Slow gardeners don't mind spending a little more trying to grow tomatoes over what they'd buy at the store, just for that first, hot-off-the-vine bite in the summer," he says.

if you're able to get into the rhythm of that, you're practising slow gardening."

Susan Harris, a garden coach and blogger from Greenbelt, Md., also subscribes to the slow-gardening philosophy, and recommends it to her students, readers and clients.

It's "doing what I'm passionate about, not being a

purist about anything, using hand tools, not power tools, tolerating some pest damage or just growing some other plant rather than bothering with products (organic or otherwise)," Harris said in an email.

"Applying pesticides is not gardening in my book. At least not the slow kind."

THE ASSOCIATED PRESS



A garden where the gardener found a creative way to showcase a flower bed using a bed frame. It brings the gardener's personality into play, which is a component of Slow Gardening: 'Doing what you savour and savouring what you do.' DEAN FOSDICK/THE ASSOCIATED PRESS



A bottle garden that frames flower and vegetable beds in a backyard in Langley, Wash. There are no how-to lists or shortcuts but a touch of whimsy often is a component of Slow Gardening. DEAN FOSDICK/THE ASSOCIATED PRESS

Rubber ducky, you're the one, now let's make showering fun

DIY ideas. Add a splash of colour and a touch of texture by installing a mosaic tile shower wall in your bathroom

Mosaic tiles offer endless possibilities for a variety of colour and pattern combinations, and can drastically transform a drab area into a more vibrant space.

Step 1: Prepare walls for tiling

Before you begin tiling, first strip off any flexible coverings such as wallpaper, scrape away loose paint, knock the sheen off glossy finishes with a light sander, and patch any holes or cracks in the drywall using spackling compound.

Make sure the installation surface is clean, dry and structurally sound. Then use two by fours and a backer board to frame the wall and prepare it for tiling.

Step 2: Set tiles

Each sheet of tile will be numbered and there will be a pattern specifying where to lay each one. First, seal the walls using a V-notched trowel to spread thin-set adhesive on the wall surface. Press the tiles down firmly to set and continue this process following the order of each numbered sheet.

Step 3: Remove plastic covering

Peel and stick tiles are the most popular and cost-effective product. The plastic covering can be removed by simply peeling off the top of the tile once it's set in place.

Step 4: Apply grout

Applying grout is a vital part of the bathroom tiling process and should not be overlooked. Once the tile is dry, apply a non-sanded grout over the entire wall in upward motions. Make sure to work the grout into the grout lines between the tiles.

Wipe off the excess with a wet sponge and then allow 24 hours to dry. Once dry, seal the



Do you constantly think your morning shower could be more vibrant? This DIY idea is for you. ISTOCK IMAGES

grout using a brush to apply a high quality tile sealant to the grout lines. Allow the sealant to dry completely, then apply one to two more coats. This will keep water from penetrating the grout and tiles, which could cause them to break loose. This will also prevent any mold or mildew from developing.

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Games can help build a child's word and number skills, as well as strategizing, problem solving, turn taking and negotiating, which is a great way to stimulate a child's academic skills while having fun. ISTOCKPHOTO/THINKSTOCK

Time to celebrate another school year

MICHELLE
WILLIAMS

For Metro

Are your kids sorry to see summer go? It may feel a little geeky for your kids to admit that they are excited about going back to class, but many children are.

Whether your kids are quietly cheering the start of school or wishing it was still a long way away, there are things you can do to celebrate the end of summer and the coming school year.

Start by asking your kids to make a list of what they like about school. This isn't just a make-work project.

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way," said Kathy Lynn, parenting expert, speaker and author.

Plan a special end of summer activity. "A beach party or visiting a water park really celebrates summer,"

Fresh start

"It's a reminder about why they enjoy and look forward to school and gets them thinking about the start of school in a positive way."

Kathy Lynn, parenting expert, speaker and author

Lynn said. "Or, depending on the ages and interests of the kids, it could be something more educational, like a visit to a museum or science centre."

You can even go big and throw an end-of-summer party. "Invite school friends the kids may not have seen all summer to help re-establish connections."

Shopping for new school clothes and supplies is always lots of fun. "Starting fresh with new things is a great way to get kids keen to head back to class," Lynn said.

Choose a day when things won't be busy or rushed and turn it into a special occasion by adding a lunch or a movie

after you are done shopping. It doesn't have to all be about celebrating.

"Pull out a few board games like Monopoly or Scrabble," Lynn said. "It will help build their word and number skills, as well as strategizing, problem solving, turn taking and negotiating — a great way to stimulate kids' academic skills while they're having fun."

Do your kids say they don't want to go back to class? Listen carefully to their reasons. It could be bullying, nervousness about moving on to a new grade or dealing with a new teacher. Lend an ear, it's important for kids to know you are there to support them.

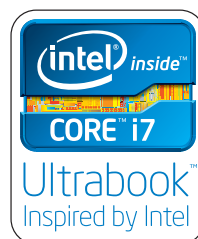
ASUS recommends Windows 8.

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Pop goes the ice – in your mouth

Andrew Chase was one of the most popular guys in his neighbourhood last year while developing recipes for his cookbook, 200 Best Ice Pop Recipes.

Creating the recipes for the book turned out to be a lot of fun, said the food writer and former chef. "It exploded. I realized how much fun it is and how many different things you can do with all the fruit and all the coffee and the tea and the chocolate and the cocktails."

These Fudge Ice Pops, for example, are rich and chocolate-fudgy — and definitely a step up from the commercial treat. But they still retain the youthful spirit of a fun indulgence.

Ingredients

- 550 ml (2 1/4 cups) milk
- 15 ml (1 tbsp) tapioca flour
- 125 ml (1/2 cup) unsweetened cocoa powder
- 60 g (2 oz) semisweet chocolate, chopped
- 175 ml (3/4 cup) sweetened condensed milk
- 3 ml (3/4 tsp) vanilla extract

Tomorrow's Paper

Need a fresh way to chill out this summer? We got you covered with easy ideas for delicious do-it-yourself ice cream flurries.

Tapioca flour is often called tapioca starch. They are identical products.

1. In a saucepan, whisk milk and tapioca flour, then whisk in cocoa. Whisking constantly, bring to boil; reduce heat and simmer, stirring often, for 5 minutes. Remove from heat and whisk in chocolate until melted, incorporated and smooth. Stir in condensed milk and vanilla. Set aside to cool.

2. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions. **RECIPES ON THIS PAGE: 200 BEST ICE POP RECIPES BY ANDREW CHASE (ROBERT ROSE INC., ROBERTROSE.CA, 2013)/ THE CANADIAN PRESS**

Fudge Ice Pops



This recipe makes about 750 ml (3 cups), nine to 12 ice pops. THE CANADIAN PRESS H/O

Cookbook of the Week

Cool it right down



One of the easiest frozen treats you can make at home is an ice pop and Andrew Chase's 200 Best Ice Pop Recipes allows you to expand your repertoire.

All recipes eliminate artificial flavourings and colourings and are actually full of healthy ingredients. But these aren't just your typical ice pops because included are flavours from Mexico, Asia and the Caribbean. Among the ice pops in the book are Citrus Fruit, Asian Ice Pops, Coffee and Tea, Adult Pops (with alcohol) and more. **METRO**

Ingredients

- 2 egg whites
- Pinch cream of tartar
- 150 ml (2/3 cup) granulated sugar
- 50 ml (1/4 cup) water
- 500 ml (2 cups) thawed frozen raspberries

Snack. Raspberry Meringue Ice Pops

1. In a large bowl, using electric mixer at high speed, beat egg whites and cream of tartar until stiff but not dry. Set aside.

2. In a small saucepan over high heat, cook sugar and water until it reaches the large-ball (hard-ball) stage: 121 to 124 C (250 to 255 F)

on a candy thermometer or when it forms a hard ball when a little is dropped from a spoon into cold water. Beating constantly, pour syrup in a thin stream into reserved egg whites. Beat at low speed until meringue is cool, 2 to 3 minutes. Set aside.

3. Place sieve over a large

measuring cup and strain raspberries, pressing down and scraping solids with a rubber spatula to extract as much pulp and juice as possible. Discard solids. Fold in meringue until thoroughly combined.

4. Pour into moulds and freeze until slushy, then insert sticks and freeze until solid, at

least 4 hours. If you are using an ice pop kit, follow manufacturer's instructions.



This recipe makes about eight to 10 ice pops. THE CANADIAN PRESS H/O

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THINK NEIGHBOURHOOD FIRST

WHEN PURCHASING THAT NEXT ITEM ON YOUR LIST

No two neighbourhoods in Canada are exactly alike. The identities and qualities that draw us to a neighbourhood are based on its residents, its common spaces and, more often than not, the small businesses with which they populate.

There are more than one million small businesses across the country and their role in shaping the identities and atmospheres of our communities is a crucial one. Their prosperity has implications on employment creation, on dollars kept close to home, on support for local causes or initiatives, and on a neighbourhood's ability to continue to attract commercial and residential investment.

Technology has changed how we as shoppers locate information and has consequently increased competition levels for small businesses. From a consumer standpoint, it has made the world a smaller place, with a purchase as easily made across an ocean as across the street.

Yet, often overlooked in favour of pricing and convenience is our individual ability to directly influence the growth of



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the areas where we live, work and play through our choices in where we spend our hard-earned dollars.

Among the effects of shopping at local businesses:

- Local businesses create jobs: Small businesses are the largest group of employers in Canada. The more local jobs that are created, the more the neighbourhood grows.
- Better relationships: One of the main attributes of local businesses is their often exceptional customer service. Customer relationships where a business owner

knows you by name and knows your likes and dislikes still exist in local enterprises, making your shopping experience a memorable one.

- Decision-making power stays local: Local ownership means that business operation and activities that may affect the community are made locally.
- Local businesses keep dollars close to home: Dollars spent within the neighbourhood directly benefit the local economy and tend to be reinvested within the community in the form of local employment or the contracting of locally-based

supplies and services.

As residents and consumers, we all play a role in the survival of Canada's small businesses. A single purchase at a local retailer or service provider helps preserve the aspects of our neighbourhoods, which make them unique. A simple sale that might be a drop in the bucket for a large retailer can often help a small business stay open and continue to grow.

So when buying that next item on your list, put your neighbourhood first.

— François Ramsay, senior vice-president with Yellow Pages Group

KOFFMAN SIGNS: SERVING THE PEOPLE OF OTTAWA

Koffman Signs has provided signage, banners, logos and decals to the Ottawa area for more than 60 years.

The industry has changed a lot in that time — Harry Koffman couldn't have predicted, back in 1941, the digital imaging technology and 3-D lettering that form part of the company's business today.

But his commitment to innovation and customer service ensured that, when these technologies became available, Koffman Signs was ready to embrace them. Marc

Robert, Koffman's current owner, shares that philosophy.

Robert got his first job in a sign shop after graduating high school. He was still in the business in 1984, when Koffman hired him as a sign painter. It was the beginning of a long and fruitful professional relationship. Robert purchased the business in 2007.

"When designing a sign, I consider its purpose, legibility, and the environment in which it will be displayed," Robert says. "Then I choose materials that ensure the

customer gets good value. Whenever possible, those materials are sourced right here in the Ottawa area."

The company also makes signage for local charities, focusing its efforts on organizations that receive little government support.

After more than a half-century serving the people of Ottawa, what's good for this community is good for Koffman, too.

Make a local purchase today and support local business owners like Marc Robert.



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SMALL STEPS MAKE BIG DIFFERENCE

Embracing a buy local philosophy doesn't have to be arduous, a pair of Canada's leading advocates say. And while people may feel their efforts won't matter, that's simply not the case.

"They're wrong if they think that," says Don Mills, president of Local Food Plus. "It will make a difference.

"As consumers, we can have some control over our purchasing choices. I think we can have more of an impact than we give ourselves credit for."

It's not an all-or-nothing proposition, says Jessie Radies, founder of Live Local Alberta. Any little bit can help, and possibly lead to more involvement down the road.

"I don't think we need to be militant about the 'local' message," she says. "I encourage people to start small and make small shifts in their behaviour. Start by committing to 10 per cent or 20 per cent of your spending local.

"If you set a goal of 100 per cent, you're just setting yourself up for failure. You have to do what makes sense for you. I've had people say to me, 'I'm a mother



ISTOCKPHOTO/THINKSTOCK

with three kids, I'm shopping at Walmart.' And I'll say to them, 'If I was in your position, I'd be right behind you in line.'"

Financial challenges come into play, but so, too, do habit. There is nothing wrong with making small adjustments,

Radies says.

"You can still go to Starbucks every day, but maybe one day a week, try to stop at a local coffee shop. I don't think we need to be militant about the local message. From there you slowly make more changes and we find that people start to make decisions based on more than just price."

Asking questions about where your products come from can also start the change, Mills says.

"Like where our \$3 T-shirts are made, we need to understand the environmental and social costs of cheap produce," he says.

"Understanding and asking questions, even in big chains. Not many people talk to the produce manager and say, 'Where is this from?'"

"Backing away from highly processed and looking at raw ingredients will bring us back nicely. Those are areas we can start to make a difference. It's a lifelong journey of food. We can start by making small steps."

— Jason Menard

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Solar energy is one of the safest, cleanest and risk-free ways you can invest in the environment — and also reward yourself, says David Cork, iSolara Solar Power.

iSolara Solar Power is the leading solar energy system provider in eastern Ontario, serving residential and commercial customers from Belleville to the Quebec border. The company was founded in 2003 and has installed more than 300 solar energy systems.

The Ottawa region is ideally situated for solar power generation, Cork says, since the area receives 1,200 full hours of direct sunshine every year.

With a home installation — solar panels are installed on your roof — a homeowner can earn up to \$4,200 profit per year for 20 years.

"You collect solar income while making a significant reduction in your carbon footprint."

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\$40,000. Most major banks will loan homeowners 100 per cent of the investment.

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"We deal with the power company and we do all the paperwork. Your cheques start arriving about two months after the installation. You can make a difference, and there are rewards."

For more, visit WeChoseSolar.ca.

INVEST YOUR CAPITAL IN THE CAPITAL

Ottawa-Gatineau has earned the first-place ranking for best Canadian city by MoneySense magazine in 2010, 2011 and 2012. As far as cities go, we're the one to beat.

What is it that makes Ottawa-Gatineau so appealing? The MoneySense study ranks 190 Canadian cities, taking into account such diverse factors as arts and culture, crime rate, household income, medical doctors per capita, rates of employment, and air quality. Ottawa had consistently good scores in nearly every category, including, believe it or not, better than average marks for weather.

Not many of us have the luxury of choosing the city in which we live strictly according to the appeal of its image. Most of us have to work our jobs, families and pocketbooks into the equation. On top of that, a lot of us feel deep emotional connections to the places we live, and no study is going to determine whether we stay or go.

However, if you are toying with the idea of home ownership in Ottawa, it's



ISTOCKPHOTO/THINKSTOCK

great to know that you are about to buy in one of the most desirable markets

in the country. It's often been said that your home is probably the big-

gest financial investment you will ever make — and you will want to make that investment in a place that will hold its value over time.

While home prices here are higher than many in smaller communities, they compare favourably with other large cities in Canada. According to MoneySense, this region has an average home price of \$352,020. To be fair, homes are naturally priced higher in Ottawa than Gatineau.

According to the Ottawa Real Estate Board, the average was \$351,792 in Ottawa proper in 2012. Given the enviable average household income in Ottawa (\$98,980), this is pretty affordable. Contrast these prices with Vancouver, where it will cost you \$882,000 for an "average" home.

Whether you are Ottawa born and bred or a relative newcomer, you can feel confident about purchasing a home in the city you already call home.

Learn how you can buy three homes from one at ottawarealestateedge.com.

— Marnie Bennett, broker

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SAVOUR LOCAL ITEMS AT RAINBOW FOODS

Rainbow Foods has long recognized the advantages of locally-produced food.

"If it's produced nearby, it's likely fresher, more wholesome and designed to appeal to local tastes," says store manager Dorothy Wilson.

Currently celebrating its 35th year satisfying the palates of Ottawans, Rainbow Foods carries the region's best selection of local foods, along with an array of locally produced health and beauty products. Located on Rich-

mond Road near Pinecrest, the store stocks a remarkable variety of popular local brands, including Strawberry Blonde Bakery (vegan and gluten-free), Coronation Hall Cider Mills, Michaelsdolce, Heavenly Honey, Perth Pepper & Pestle, Bekings Poultry Farm, Fair Weather Farm, Maplelane Farm, Go Greens, Purple Urchin Soap, Charmal-lows, Nuts & Noix Co., Francesco's Coffee Company, Golden Maple Farm, and Macrobiotics Canada.

Given the length of that list, it comes as no surprise to learn that Rainbow Foods is a proud member of Savour Ottawa, a collective dedicated to local foods and culinary experiences. The shop caters to a wide variety of diets, including vegan, vegetarian and gluten-free, and carries a wide variety of organic foods.

"As a local business ourselves, we do our utmost to support other local businesses and to carry high-quality items produced in the region," Wilson says.

CUSTOM JEWELRY AT AFFORDABLE PRICES

VALDEMAR JEWELLERS

For more than 28 years, Valdemar Jewellers has provided customers with unique, beautiful jewelry from its location in Greenbank Square.

Wally (Valdemar) Bielinski began his training in New York in 1970 and worked for a long list of jewellers before starting a business in Ottawa in 1984 with his wife, Gina, who designs many of the

store's pieces. What began as a showcase for handmade, designer jewelry has become a retail store like no other.

"In recent years, we've specialized in creating new pieces from old pieces," Bielinski says. "We remove and polish gems, design settings that match our clients' tastes, then fashion one-of-a-kind pieces — rings, brooches, necklaces, bracelets and more."

The Bielinskis employ a full-time gemologist to help the store consistently

design and deliver high-quality, eclectic jewelry at fair prices. All work is done on the premises. Over the years, the company has established a solid reputation built on trust and good value.

"Our success is really built on good customer service," Bielinski says. "We consult with our clients to learn about their particular tastes, then provide a list of ideas, options and estimated prices. We don't consider a job done until a customer is 100 per cent satisfied."



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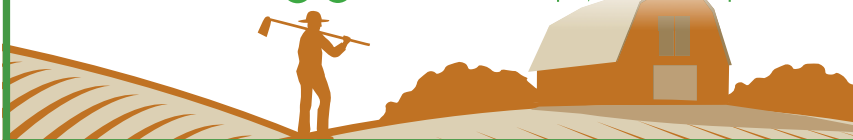
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FRESHEST OPTIONS

DELIVERED BY OTTAWA ORGANICS

Each week, Ottawa Organics delivers baskets of fresh, local, certified organic fruits and vegetables to hundreds of homes across the city. Customers can customize their orders or let Organics Ottawa choose the freshest options. The available produce changes with the seasons. At this time of year, berries, beans and tomatoes are abundant, while apples and squash tend to predominate in late summer. Baskets cost between \$25 and \$45, depending on size.

"Our customers love the convenience," says owner Matt Dudley. "And there's nothing tastier and healthier than fresh, local, organic produce."

Since starting the business in 2007, Dudley has grown it steadily by providing top-quality foods and reliable service



CONTRIBUTED

at reasonable prices. Dudley's business model is relatively simple — a network of local organic growers, a warehouse, a few trucks and an easy-to-use website.

Along with the baskets, Ottawa Organics also provides bread from organic bakeries such as Little Stream and Boulangerie Inewa, locally roasted fair-trade coffee from Equator coffee, and dairy products from Harmony Dairy and Beurrerie du Patrimoine. Other organic groceries include juice, cereals, honey and even soap.

"We work closely with local organic farmers throughout the year — in the winter we discuss what to plant the following season," Dudley says. "We import what you can't grow in Canada, but always source most locally first."

SADDLE UP TO SAVINGS AT THE APPLE SADDLERY

What's going on under the big tent in the parking lot of Apple Saddlery?

There aren't any clowns, but it is a big deal — more than 50 racks of clothing and other items, all on for 50 per cent off, as well as a newly renovated in-store clearance area with thousands of additional items also at 50 per cent off.

The independently-owned family business opened in 1972 as a store for equestrian products, and you will still find lots of saddles, tack and riding apparel. You will also find an appealing old-fashioned atmosphere in the 10,000-square-foot converted barn with warm barn-board walls, the distinctive smell of leather, lots of friendly, knowledgeable staff, with the occasional horse and cow grazing in the field out front.

Apple Saddlery carries well-known outdoor clothing, footwear and other products. Brands include The North Face, Columbia, Australian Outback Collection, Lole, Carhartt, Tilley, and more. Many of store's regular customers also come



CONTRIBUTED

for the amazing footwear collection with brands that include Merrell, Sorel, The North Face, Columbia and Blundstone, as well as a 40-foot long "Wall of Birkenstocks."

The outdoor tent sale is now a summer-long fixture with thousands of items and popular brands available. Whether you are shopping for back to school, the ski season, or right now, the show must go on ... you won't be disappointed.

For more, visit applesaddlery.com.

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TAKING TIRE SERVICE TO THE STREETS

It didn't take Eric Fauteux long to recognize GoTire Mobile Tire Service as a fabulous franchise opportunity. And he is in good company.

The business opportunity piqued the interest of the CBC Dragons' Den earlier this year and GoTire was accepted for financing by a few of the dragons.

"As an investor I think GoTire has an exceptional business concept," says Fauteux, who is now the franchise owner of GoTire Ottawa. "And I'm committed to making it work in Ottawa."

GoTire is a full-service mobile tire shop that travels to customers' homes and workplaces (rather than the other way around) to perform services such as tire installation or rotation, nitrogen inflation and small tire repair and replacement. Consumers can simply purchase tires on the company's website or over the telephone. The company offers seasonal tire storage, too.

GoTire has expanded to include windshield repair and replacement, as well as interior and exterior auto detailing — all done out of the same vehicle.



CONTRIBUTED

Another service that has recently been added is a roadside assistance program. Services such as car unlock, battery boost and headlight restoration are all included, Fauteux says.

The concept has become popular —

GoTire started with just a few franchises early this year and has grown quickly to almost 30 across the country.

"We're all trained technicians in the different services we offer," says Fauteux, an ex-government employee who loves his

THE BEGINNING

How many times have you fumed while waiting to get your tires changed?

That's exactly what prompted Red Deer, Alta., business and life partners Heather Murphy and Craig Howes to start GoTire. In 2010, with young children and a business fleet of vehicles (they had a different business at the time) they became frustrated when it took a long time to get the tires scheduled and changed on all their vehicles.

When they did some research, they identified a service gap and their mobile tire service was born.

new occupation. "We focus on service and working around your schedule, not you having to work around ours."

For more information, visit gotire.com or call 613-406-TIRE (8473). Connect with GoTire Ottawa on Facebook at Go Tire of Ottawa West and Centre East.



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SPA JUNKIE DELIVERS EXPERT SERVICES

Since opening 18 months ago, Spa Junkie is rapidly becoming Ottawa's top hair and beauty bar. Driving that popularity is consistently expert, attentive services delivered in a chic, inviting atmosphere.

Located on Laurier Avenue between Metcalfe and O'Connor, Spa Junkie focuses only on what it calls core maintenance: Sugaring, waxing, skin care, makeup and hair. The company hires only experienced and talented specialists able to consult with clients and provide

personalized, expert advice.

"We believe in straight talk about beauty," says owner Louise Green, affectionately known as the "brow architect." Green's exceptionally gentle sugaring technique enabled her to build a strong reputation and Spa Junkie staff share her commitment to top-quality, conscientious service.

Committed to continually improving the customer experience, Spa Junkie will open on Sundays starting in August and

now offers automated confirmation of appointments by text or email. The system also gives clients the option to provide reviews that are streamed to Google and posted to the Spa Junkie website.

"People love to provide reviews, particularly of personal services such as those that we provide," Green says. "We continually strive to do great work and the testimonials reflect that. It's also a great way for new clients to check us out and feel at ease before they visit for the first time."



CONTRIBUTED



ISTOCKPHOTO/THINKSTOCK

OSSC: THE FUN AND ACTIVE WAY TO CONNECT

For more than 10 years, the Ottawa Sport and Social Club (OSSC) has followed a simple formula — create a fun, welcoming environment for men and women to play recreational-level sports together.

Today, that formula draws more than 9,000 members out to play at least once a week in an OSSC league.

"We cater to the average Joe and Joanne," says Lael Morgan, OSSC's executive director. "Anyone, regardless of ability, even if they're playing a sport

for the first time, will find a spot on one of our teams. It's a great way to meet new people away from work and have fun together."

OSSC is the region's largest and best-organized sponsor of fun co-ed sport leagues, tournaments, social events and classes. With full-time staff providing superior service, OSSC aims to create a better community for adults to live, play, relax and connect.

The range of sports offered is remark-

able, from standards like beach volleyball, ultimate and basketball to off-beat pursuits such as inner-tube water polo and dodgeball.

There are also group classes in everything from kick-boxing and Nordic walking to stand-up paddling and salsa dancing.

OSSC also hosts regular parties, such as this year's post-season social on Sept. 27 at the Dow's Lake pavilion.

For more information, visit ossc.ca.

SPA JUNKIE AND *The* ART OF STRAIGHT TALK: SUGARING

Are you still waxing down there? OUCH! Sister, we need to talk and you need some Sugar! No not the high calorie kind, but the OMG my life just changed and why didn't I know this existed before kind. At Spa Junkie we use a gentle and effective Sugaring technique in important places.



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AN OTTAWA FAVOURITE SINCE 1826

THE BYWARD MARKET

After 187 years, the ByWard Market remains Ottawa's most popular destination for shopping, browsing and sightseeing. Founded by Col. John By, who led efforts to build the Rideau Canal, the market is a year-round hub of activity. Today, the market retains much of By's original design — the extra-wide George and York streets accommodate a public market and gathering place.

Although its main attraction — fresh fruits, vegetables, herbs and other foods sold by local producers — endures, the market has an uncanny ability to stay abreast of current trends and tastes. Today, many retailers are open late, for instance — some as late as 10 p.m. — to serve shift workers and other customers.



OTTAWA TOURISM PHOTOS

Another nod to hectic modern lifestyles is free street parking after 5:30 p.m. on weekdays.

The roughly four blocks that comprise the ByWard Market have everything from stalls stocked with fresh produce to specialty food stores, restaurants catering to every taste and budget, clubs, pubs, cafés, museums, boutiques, galleries, hair salons and more. In all, the market is home to more than 500 businesses, nearly all locally owned and operated.

A top destination for tourists and residents alike, the ByWard Market at-

SIDEWALK SALE

Be sure to drop in on the weekend of August 24-25 for the Great ByWard Market Sidewalk Sale. With dozens of retailers set to participate, the event will be a shopper's dream.

tracts an average of 50,000 visitors each weekend during the summer months.

The ByWard Market has so many unique places to experience, including Ottawa's oldest tavern — The Chateau Lafayette,

established in 1849, and the region's largest and oldest church — Notre Dame Basilica, opened in 1885. There are two 24-hour restaurants, along with the Rainbow Tavern, a mecca for blues fans. The market is also home to famed designer Richard Robinson's boutique and school of haute couture.

Look around the periphery of the ByWard Market for further proof of its central place in the life of the National Capital Region — you will find plenty of parks, bicycle paths and hotels, along with the National Gallery of Canada and dozens of heritage buildings and statues.



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REAL ESTATE'S BIG SECRET: GRAPE VINE

There's a huge trend today to sell your own home, and the process is easier than you think, says Dan McAuley, director of marketing at Grape Vine Group of Companies. Here are the how's and why's.

1 NO COMMISSION FEES. Using the traditional real estate model could mean you pay up to five per cent in commission fees. For a home that sells for \$350,000, for example, that's \$17,500 plus \$2,275 HST. Grape Vine costs range from \$255 to \$795.

2 THE PROCESS IS SIMPLE. Grape Vine offers different assistance packages to homeowners. For example, the professional service package (\$795) includes an in-home consultation, market price evaluation, full listing preparation, and high-quality home photos. And it carries a money-back guarantee.

3 THERE IS ACCESS TO THE MLS®. Through a partner company, The Usher Group Inc. Real Estate Brokerage, Grape Vine clients have the option to also list on the MLS®.

4 EXPOSURE. Grape Vine's brand is one of the most recognized real



estate companies in the greater Ottawa area.

5 GRAPE VINE COMES IN PINK. The company has teamed up with the Canadian Breast Cancer Foundation

(CBCF) to offer pink lawn signs, where Grape Vine contributes \$100 per pink sign package to the CBCF.

6 SOCIAL MEDIA IS DONE FOR YOU. When you list with Grape Vine, your list-

LOCALLY OWNED

Grape Vine Home Marketing Consultants is a locally owned and operated company that supports buyers and sellers with private home transactions in Ottawa and eastern Ontario. Operated since 1990, it provides unique and modern options for today's real estate needs. For more information, visit grapevine.ca.

ing is automatically sent to social media platforms such as RSS feeds, Twitter and Facebook.

7 HELP IS ALWAYS AVAILABLE. Grape Vine provides all the assistance you need whether you want to live chat, phone, email or meet in person.

8 OTHER SERVICES. Grape Vine provides mortgage and moving assistance through Grape Vine Mortgages and Grape Vine EcoBoxes.

9 SELLING PRIVATELY WORKS. Check out more than 1,600 testimonials at grapevine.ca.

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A DIFFERENT KIND OF ANIMAL STORY

Montreal native Eddie Drueding has lived in Ottawa for almost 20 years. He has spent the last 30 years developing his Arraborough stories into a sophisticated, nine-book series meant for adults, not children, and featuring a colourful cast of anthropomorphic animal characters.

The storyline revolves around a group of friends who settle in an isolated area but discover the land is far from benign. It holds its own secrets and nothing is quite what it seems.

"It's mystery oriented with a hint of the supernatural," the author says.

Fred Patten, editor of Furry!: The World's Best Anthropomorphic Fiction and prolific reviewer of furry literature, says the story "keep(s) the reader turning pages to find out what happens next."



An exclusive peek at the mock-up of the cover to Arraborough Book 5 – Innocence and Experience.

ALAIN LEURY PHOTO

Book 1, The Unimaginable Road, was published in 2012 by Melange Books, with Book 2, The Darkness, released this summer.

The author is donating all his proceeds from 2013 to the Cat Rescue Network (catrescuenetwork.org), a local organization committed to rescuing abandoned and feral cats.

CRN founder Louise Hindle says, "Eddie started out as a foster, but ended up falling in love with his charges and adopted all three of them, including one who was blind in one eye. He remains supportive of the work we do."

MAKE DREAM PROJECTS COME TRUE WITH CANLOK

Since 1975, Canlok Stone has installed endless miles of driveways, patios and retaining walls, all composed of countless Unilock interlocking stones.

"We know the Unilock product inside out," says Canlok spokesperson Dave Moran. "What makes us different is that our sales staff will take the time to explain to you how things need to be done and help you with your project, from base materials to picking out paver types and colours."

While Canlok's customers include contractors and do-it-yourselfers, he adds, most homeowners these days also hire Canlok's experienced installation crew to make their dream projects come true.

The do-it-yourself route, Moran says, seemed to be more popular in the late '80s and early '90s.

"We used to have seminars on Saturdays. The room was jammed with 20 to 30 people, and today you wouldn't see that. More people want to come home that evening and see a nice project done.



CONTRIBUTED

It's a lot of work."

Hot on today's patios include incorporating borders and accents in horizontal and vertical applications — these finishing touches can make your project truly special — and this year's introduction of Unilock's new line of natural stone products, the first of their kind to come with a lifetime guarantee.

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ISTOCKPHOTO/THINKSTOCK

AN AFFORDABLE LOCAL GOLF OPTION

Kangli Teng believes that a round of golf in Ottawa should be inexpensive. As the owner of Golf Liquidator Inc., he created Champion's Nest, which currently manages the former Poplar Grove course near Edwards and Riverbend Golf and Country Club, near Richmond. Green fees for 18 holes are as low as \$20; on weekdays, seniors can play 18 holes with power cart for only \$25.

"Golf is a wonderful sport, but many people find it difficult to enjoy because it

can be expensive and time consuming," Teng says. "Now there's another option. Buy a VIP card for only \$10 and play nine holes at either course for as little as \$10."

Teng, who specializes in buying bankrupt businesses, studied Ottawa's golf industry and recognized opportunities at courses suffering from mismanagement. Low up-front capital investment enables him to control financing costs and ensure the course is properly maintained.

To make the game more relaxing, both courses follow unique policies — they don't add extra golfers to create four-somes, and provide extra time between each group.

Both locations are also Golf Liquidator outlets, with equipment at up to 80 per cent off regular retail prices.

"There's a strong market for golf if it's priced reasonably," Teng says.

"And we offer an attractive, inexpensive alternative."

BANK STREET GETTING A BEAUTY MAKEOVER

CLEANUP UNDERWAY

Bank Street is in the midst of a beauty makeover.

"I've been in business now three years on the street and, honestly, I've never seen it look so good," says Kevin Martin, owner of Stroked Ego and chair of the Downtown Bank Street BIA's marketing committee.

It's true. Dead trees along the side-

walks are being replaced, a full-time maintenance worker has been hired, and even the sidewalks and other surfaces are getting polished, courtesy of the DR1000, the BIA's new high-powered steam cleaning machine.

"It takes gum off the sidewalk, it takes graffiti off of brick, it's an amazing little piece of machinery," Martin says.

Also gone are the bulky sidewalk advertising kiosks, which Martin identifies as a chronic source of complaints from

business owners and the public.

"They were getting a little bit tired looking, so I'm really happy that we were able to take those down and make people a little happier with that," he says. "Even standing on the sidewalk it just opens up the sightlines so much better. It's a lot cleaner looking."

The spiffed-up Bank Street, heart of Ottawa's gay village, he adds, will be looking sharp in time for this month's Capital Pride festival.



The BIA's Suzanne Racine shows off the DR1000, which is cleaning up Bank Street, one blob of gum at a time.

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Golf Liquidator at Both Locations



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OHL

Business comes before family ties for Gilmour

A strong family connection might have brought forward Jake Gilmour to the Ontario Hockey League's Kingston Frontenacs, but it didn't keep him there.

Frontenacs general manager Doug Gilmour sent his son packing Wednesday, shipping Jake, goaltender Blake Richard and a conditional 12th round pick in 2015 to Niagara for the IceDogs 12th round pick in 2015. **THE CANADIAN PRESS**

MLB

Rodriguez mum on PED appeal

The Major League Baseball Players Association formally appealed Alex Rodriguez's 211-game suspension Wednesday, sending the case to an independent arbitrator.

Rodriguez, who was back at third base and batting third for the New York Yankees against the Chicago White Sox on Wednesday night, said he had "no reaction" to the filing of the grievance.

A-Rod was suspended Monday following the league's investigation into Biogenesis of America, a now-closed Florida clinic accused of distributing banned performance-enhancing drugs.

THE ASSOCIATED PRESS



Alex Rodriguez **THE ASSOCIATED PRESS**



Seattle's Humberto Quintero watches the path of his two-run homer with Toronto catcher DeMarlo Hale on Wednesday. **ELAINE THOMPSON/THE ASSOCIATED PRESS**

No Happy ending in Jays pitcher's return

MLB. Return of pitcher J.A. Happ runs smoothly until fifth-inning comeback

Humberto Quintero's homer helped the Seattle Mariners complete their biggest comeback in two seasons.

Quintero's shot came in a six-run fifth inning that led to Seattle's 9-7 win over the Toronto Blue Jays, spoiling J.A. Happ's personal comeback from a serious injury.

On Wednesday

9

Mariners

7

Blue Jays

Happ made his first start since May 7, when he suffered a skull fracture and a sprained right knee after being struck behind the left ear by a line drive from Tampa Bay's Desmond Jennings.

Happ had three months of rehabilitation, primarily for the knee.

"It's been a long road to get back but at the same time I felt ready to help us win," Happ said. "And frustrated that it didn't work out today."

Happ, who took a no-decision, went four-plus innings, allowing seven hits and seven runs. He walked three and struck out two.

Brandon Maurer (3-7), who allowed eight baserunners and no runs in 3 1/3 innings, earned the win.

Five Mariners relievers

worked the final seven innings, allowing no runs and six hits. It's the first time since Sept. 28, 2011 against Oakland that the bullpen has thrown at least seven scoreless innings.

Danny Farquhar worked an inning for his third save in five chances.

Edwin Encarnacion and Adam Lind hit back-to-back home runs for the Jays' five-run third, their 30th and 14th, respectively. It is Encarnacion's second straight 30-homer season.

THE ASSOCIATED PRESS

Raonic, Pospisil keep Canadian hopes alive



Vernon, B.C.'s Vasek Pospisil topped Radek Stepanek on Wednesday at the Rogers Cup in Montreal. **THE CANADIAN PRESS**

Canada's Milos Raonic had his big serve booming and Andy Murray and Rafael Nadal made successful returns to the court Wednesday at the men's Rogers Cup in Montreal.

Drawing on home country support, the 11th-seeded Raonic downed Mikhail Youzny 6-4, 6-4 to advance to the third round.

It marks the first time since the French Open that the Thornhill, Ont., product has put together back-to-back wins. Raonic began the year with a 17-6 record, including a tourna-

ment win in San Jose, but his win over Youzny left him at 7-7 since May.

Vasek Pospisil of Vernon, B.C., posted a 6-2, 6-4 second-round victory over Radek Stepanek to put two Canadians into the round of 16.

But Frank Dancevic of Niagara Falls, Ont., Vancouver's Filip Peliwo and Ottawa's Jesse Levine all lost their matches.

Murray, in his first action since victory at Wimbledon last month, shook off some rust and battled a swirling wind to down Marcel Granollers 6-4, 7-6

(2) on centre court.

Murray won his 13th straight match, including his victories at London and Wimbledon, where he became the first men's champion from Britain in 77 years.

Two-time Rogers Cup champion Nadal was also back on court for the first time since Wimbledon, where he lost in the first round. The Spaniard, who arrived a week early to work on his hardcourt game, made short work of Levine in a 6-2, 6-0 win.

THE CANADIAN PRESS

In Toronto

- Marion Bartoli returned from a hamstring injury that had sidelined her since Wimbledon win to beat Lauren Davis 6-0, 6-3 Wednesday in the second round of the Rogers Cup.
- Fourth-seeded Li Na of China also advanced with a 6-1, 6-4 victory over Russia's Anastasia Pavlyuchenkova.

4 SPORTS



Canadian head coach Jay Triano will know more about the national basketball team's chances to qualify for next summer's World Cup after a pair of games against Jamaica this week. RENE JOHNSTON/TORSTAR NEWS SERVICE

Coach Jay Triano: 'I just don't know how good we are'

National basketball team. Head coach not one to mince words when explaining what he expects from players

It's a rather forthright Jay Triano who tries to explain what he might see when the Canadian national basketball team finally plays a game.

"I don't know where we are," the head coach said. "I just don't know how good we are. Every day we're happy and mad at about the same time."

Triano's team, which will chase a spot in the 2014 World Cup later this month in Venezuela, plays a rare home series Thursday night at Toronto's Ryerson University against Jamaica. The two games — the

series winds up Saturday night — are a benchmark to determine how much work is left to do. The team travel's next week to training camp in Orlando before an exhibition tournament in Puerto Rico in preparation for the FIBA Americas qualifying tournament.

"When you're playing against yourself all the time, you're going to be happy and mad. One day we think we're going to be great defensively, then we can't make a shot. We need to find out what we've got."

It's not going to be easy. It's expected that veteran forward Carl English won't play against Jamaica because of back pain and there are other nicks and bumps throughout the team after an intense week of training.

TORSTAR NEWS SERVICE

Tournament grind

- Jay Triano isn't ready to even think about a possible consistent starting unit or a playing rotation yet.
- The grind of international basketball tournaments — Canada could play a whopping nine games in 12 days to earn one of four World Cup berths at the qualification event — makes depth far more important than who starts and who finishes.
- There are still 17 players in camp and Canada expects to take just 14 when the trip to Florida rolls around.

'Very excited'

Greg Oden finalizes deal with the Miami Heat

Greg Oden has taken his physical, done a bit of house hunting in South Florida and signed on the dotted line.

Nearly four years after he last played, he's officially back in the NBA.

The former No. 1 overall pick signed his contract with the two-time defending NBA champion Miami Heat on Wednesday, the last in a series of formalities that needed to be completed before the team could finally announce the move. Oden announced late last week that he was accepting Miami's offer, one that will pay him about \$1 million US this coming year and includes a \$1.1 million player option for the 2014-15 season.

"I am very excited and happy to be here," Oden said. "I'm thankful to the Miami Heat organization for bringing me in and I'm ready to get to work."

THE ASSOCIATED PRESS

Surgery recovery

Halladay to pitch in simulated game

Philadelphia Phillies ace Roy Halladay is set to take the next step in his return from shoulder surgery and will pitch a simulated game Saturday in Clearwater, Fla.

Halladay threw 30 pitches in a bullpen session before Wednesday's game against the Chicago Cubs. Halladay says he's encouraged that his rehabilitation has gone well and hopes to pitch again this season.

He had surgery on his right shoulder to repair a partially torn rotator cuff and remove a bone spur. He also has some fraying of the labrum. The two-time Cy Young Award winner is 2-4 with an 8.65 ERA in seven starts this season. THE ASSOCIATED PRESS



Phillies pitcher Roy Halladay
GETTY IMAGES

Car wreck. U.S. Open champ Justin Rose starts week off with a bang

Justin Rose started the week at Oak Hill with an errant drive.

Literally.

The U.S. Open champion was involved in a fender-bender near the course in Rochester, N.Y., though no one was hurt.

"I guess accidents are accidents," he said Wednesday. "You can never know exactly quite why they happened. I figured I looked left, I looked right, (had) the gap to cross the road to turn left, and a car essentially came out of nowhere. So it was one of those situations where, unfortunately, hit the front left and a bit of a dink. Obviously, it's embarrassing."

Wreck aside, Rose feels more at ease coming into the PGA Championship.

He's ready to start competing for another major title, rather than just savouring his first.

"I feel like it's something to look back on at the end of my career," Rose said Wednesday, one day before the start of the year's final major. "All of us at this point in our career need to have our heads down, need to play as hard as you can, need to amass as much success as you can. And you look back at it in 10, 15 years' time and think,



Justin Rose practices on Wednesday at Oak Hill in Rochester, N.Y.
THE ASSOCIATED PRESS

"That was good, that was bad, I could have done more, I should have done this, should have done that." Only at that point are you really going to know what you can achieve."

Sure, he's still relishing the idea of being a major champion. It was a big relief to remove that hole in his resumé. And, used properly, it should give him a sense of confidence coming into the PGA, proving he can hit all the right shots on a pressure-filled Sunday at one of golf's biggest events.

THE ASSOCIATED PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	69	46	.600	—
Tampa Bay	66	46	.589	1½
Baltimore	63	51	.553	5½
New York	57	55	.509	10½
Toronto	53	61	.465	15½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	66	45	.595	—
Cleveland	62	51	.549	5
Kansas City	57	53	.518	8½
Minnesota	49	61	.445	16½
Chicago	42	69	.378	24

WEST DIVISION

	W	L	Pct	GB
Oakland	64	49	.566	—
Texas	64	50	.561	½
Seattle	53	61	.465	11½
Los Angeles	51	61	.455	12½
Houston	37	75	.330	26½

Wednesday's results

Seattle 9 Toronto 7
Detroit at Cleveland
N.Y. Yankees at Chicago White Sox
Boston at Houston
Minnesota at Kansas City
Texas at L.A. Angels

Tuesday's results

Detroit 5 Cleveland 1
Chicago White Sox 3 N.Y. Yankees 2
Boston 15 Houston 10
Minnesota 7 Kansas City 0
Texas 8 L.A. Angels 3
Toronto 7 Seattle 2

Thursday's games — All times Eastern

Detroit (Scherzer 16-1) at Cleveland (McAllister 4-6), 7:05 p.m.
Boston (Lester 10-6) at Kansas City (Chen 4-0), 8:10 p.m.
Friday's games
Minnesota at Chicago White Sox, 2:10 p.m.
Detroit at N.Y. Yankees, 7:05 p.m.
L.A. Angels at Cleveland, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Boston at Kansas City, 8:10 p.m.
Minnesota at Chicago White Sox, 8:10 p.m.
Texas at Houston, 8:10 p.m.
Milwaukee at Seattle, 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	69	45	.605	—
Washington	54	59	.478	14½
Philadelphia	51	61	.455	17
New York	50	60	.455	17
Miami	43	68	.387	24½

CENTRAL DIVISION

	W	L	Pct	GB
Pittsburgh	68	44	.607	—
St. Louis	66	46	.589	2
Cincinnati	63	51	.553	6
Chicago	49	63	.438	19
Milwaukee	48	65	.425	20½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	62	50	.554	—
Arizona	57	55	.509	5
Colorado	52	62	.456	11
San Diego	52	62	.456	11
San Francisco	50	62	.446	12

Wednesday's results

Cincinnati 6 Oakland 5
Baltimore 10 San Diego 3
Chicago Cubs at Philadelphia
Miami at Pittsburgh
Atlanta at Washington
Colorado at N.Y. Mets
L.A. Dodgers at St. Louis
Tampa Bay at Arizona
Milwaukee at San Francisco

Tuesday's results

Philadelphia 9 Chicago Cubs 8
Pittsburgh 4 Miami 3
Atlanta 2 Washington 1
Cincinnati 3 Oakland 1
N.Y. Mets 3 Colorado 2
St. Louis 5 L.A. Dodgers 1
Arizona 6 Tampa Bay 1
Baltimore 4 San Diego 1
Milwaukee 3 San Francisco 1
Thursday's games — All times Eastern
Colorado at N.Y. Mets (Gee 7-8), 12:10 p.m.
Miami (Fernandez 8-5) at Pittsburgh (Cole 5-5), 12:35 p.m.
Chicago Cubs (Samardzija 6-10) at Philadelphia (Martin 0-1), 1:05 p.m.
Milwaukee (Hand 0-3) at San Francisco (Linccum 5-11), 3:45 p.m.
L.A. Dodgers (Ryu 10-3) at St. Louis (Westbrook 7-6), 8:15 p.m.

CFL

WEEK 6

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Toronto	5	3	2	0	156	128	6
Montreal	5	2	3	0	122	139	4
Hamilton	6	2	4	0	129	187	4
Winnipeg	6	1	5	0	135	173	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	5	5	0	0	183	87	10
Calgary	5	4	1	0	162	133	8
B.C.	6	4	2	0	143	142	8
Edmonton	6	1	5	0	128	169	2

Thursday's game — All Times Eastern

Toronto at Montreal, 7:30 p.m.

Friday's game

Saskatchewan at Calgary, 9 p.m.

MLS

EASTERN CONFERENCE

	W	L	T	GF	GA	Pts
New York	11	7	5	36	29	38
Kansas City	10	7	6	33	24	36
Montreal	10	6	5	33	32	35
Philadelphia	9	7	7	34	32	34
Houston	9	6	6	26	21	33
New England	8	8	6	27	20	31
Chicago	8	9	4	27	31	28
Columbus	6	11	5	25	30	23
Toronto FC	4	10	8	20	29	20
D.C. United	3	15	4	13	36	13

WESTERN CONFERENCE

	W	L	T	GF	GA	Pts
Real Salt Lake	11	7	5	38	26	38
Colorado	9	7	8	30	26	35
Portland	8	3	11	32	21	35
Los Angeles	10	9	3	32	27	33
Vancouver	9	7	6	34	30	33
FC Dallas	8	6	8	27	30	32
Seattle	9	7	4	27	22	31
San Jose	8	9	6	25	33	30
Chivas USA	4	13	5	19	39	17

Saturday's games — All Times Eastern

Seattle at Toronto FC, 7 p.m.
New York at Columbus, 7:30 p.m.
San Jose at Vancouver, 7:30 p.m.
D.C. United at Philadelphia, 8 p.m.
Montreal at Chicago, 8:30 p.m.
New England at Kansas City, 8:30 p.m.
Houston at Real Salt Lake, 9:30 p.m.
Sunday's games
Los Angeles at FC Dallas, 8 p.m.
Colorado at Chivas USA, 11 p.m.

Horoscopes

Aries

March 21 - April 20

Astound people with your knowledge. Tell them how the world works. You may have no idea what you're saying but you speak with such conviction that few disbelieve you.

Taurus

April 21 - May 21

You may be tempted to reveal a secret today but think carefully before you do. If you are going to divulge something that might be shocking, make sure you choose the right place and the right moment.

Gemini

May 22 - June 21

Whatever experts may tell you today, your intuition will tell you something different. It is your intuition you must listen to. It may put you at odds with the majority but that's good.

Cancer

June 22 - July 23

Someone needs help but is too embarrassed to ask for it. You know what the problem is and you know how to fix it, so do what you can to improve their situation. They'll love you for it.

Leo

July 24 - Aug. 23

You'll do something out of the ordinary today just to see how others react. Make sure you leave a bit of space between you as they may respond in ways you had not considered, which could be painful.

Virgo

Aug. 24 - Sept. 23

The secret to life is to not take it too seriously. That is the message of the stars for you today. Be ambitious, but don't make material success central to your existence. It's how you love that counts.

Libra

Sept. 24 - Oct. 23

Friends and loved ones are likely to annoy you today, simply because they cannot make up their minds about anything. If you complain, they will find it amusing. After all, it's usually you who is indecisive.

Scorpio

Oct. 24 - Nov. 22

The sooner you start on a project, the sooner it will be finished. So, stop making excuses and get on with it. Even if you take only one step forward today at least you are moving in the right direction.

Sagittarius

Nov. 23 - Dec. 21

Ideas will come to you out of the blue and with remarkable clarity today, and at least one of them has the potential to transform your life. It's not just about ideas. You've got to act.

Capricorn

Dec. 22 - Jan. 20

Act on the assumption that whatever you are told today is only half the story. It's unlikely that anyone is lying deliberately but chances are they don't know the full story, so how can they reliably inform you?

Aquarius

Jan. 21 - Feb. 19

Don't waste time on trivial things, or trivial people. Think about what is really important, and think about how you can make the world a better place.

Pisces

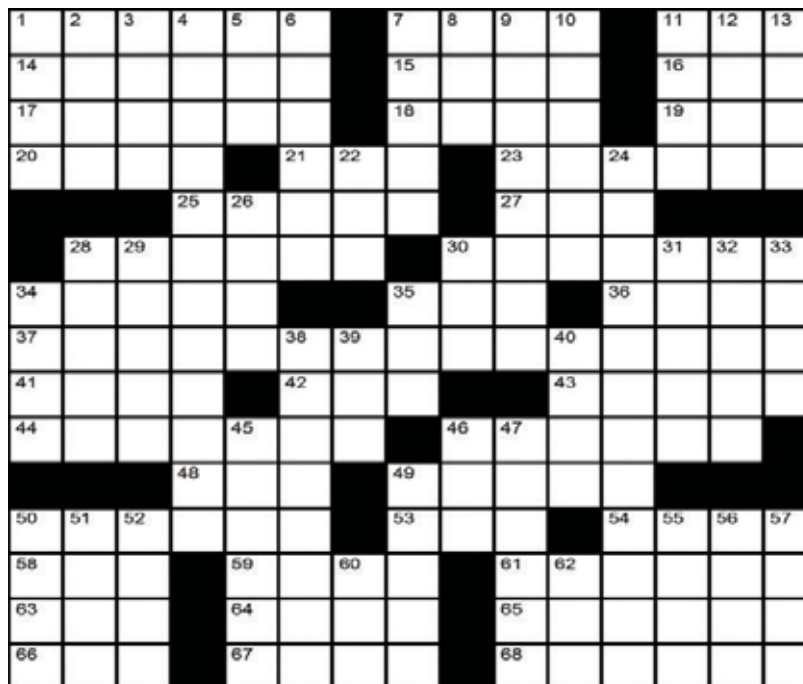
Feb. 20 - March 20

You are entitled to your opinions and to express them. Don't let anyone silence you today. The more they try, the more likely it is your opinions are hitting the right spot. Keep hitting it. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Type of computer printer
7. French film
11. Blue Rodeo hit
14. One of Montreal's Concordia University's campuses
15. Dupery
16. Pronoun
17. Basketball great, ___ Abdul-Jabbar
18. Commedia dell'___
19. Standard
20. Single-horse carriage
21. Celeb photographer
23. Bring 'in from beyond
25. Picture files on PCs
27. ___-locka, Florida
28. Rock: French
30. Horns of nature
34. "___ bleu!" (Golly!)
35. Camel hair garment
36. H.G. Wells people
37. Period of social change in Quebec in the 1960s: 2 wds.
41. Falsehood
42. That, in Tijuana
43. Tend the fire
44. This evening
46. Baseball team: acr. + wd.
48. Ginger drink
49. Picnic blanket's one-of-some
50. Vancouver-born actor Mr. Jackson
53. 'Motor' suffix
54. Yep's opposite
58. Commonly, in verse
59. Snare
61. Reached home plate, this way: 2 wds.



63. Charlemagne's li'l domain
64. 'Conval' suffix (Recuperate)
65. Nature/beach/recreation spot on Vancouver Island
66. '60/'70s war zone, informally
67. Want
68. Cold ___ (Singer/songwriter from

Etobicoke, ON)

Down

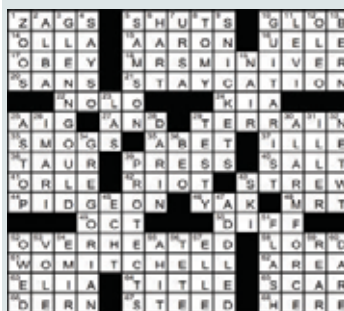
1. Types
2. Biblical mariner
3. Ms. Sedgwick of acting
4. Iconic 'Degraasi' character played by Pat Mastroianni: 2 wds.
5. 'Client' completer

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

24. Painter-at-the-easel's tool: 2 wds.
26. ___-a-porter (Ready-to-wear)
28. Brazil's Sao ___
29. 'Mort' suffix (Funeral parlor gig)
30. Blood-typing letters
31. Poet T.S.
32. Chess pieces
33. ___ qua non (Essential factor)
34. Floor plan measuring unit, ___
35. Ms. Gardner
38. Practice for the play
39. Founded, for short
40. "Gomer Pyle, ___"
45. ___-free bread
46. Calgary Flames org.
47. Bakery supplies
49. Made do
50. Saint ___, New Brunswick
51. Canadian cellist Ms. Harnoy
52. Plant part
55. Relating to lyric poetry
56. "Get the Party Started" singer
57. Rock producer Brian's
60. Toronto Blue Jays mascot
62. Sever

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	1	5	6	8	2	4	7	9
7	6	4	9	3	1	2	8	5
2	9	8	5	4	7	1	3	6
4	8	7	1	5	6	9	2	3
9	5	3	2	7	4	6	1	8
1	2	6	3	9	8	7	5	4
6	7	9	8	2	5	3	4	1
5	4	1	7	6	3	8	9	2
8	3	2	4	1	9	5	6	7

		4	7			8	2	
5						7		1
	8			6				9
	2				5	1		
			3		1			
		1	2				6	
7				9			1	
9		5						4
	3	6			7	2		

Today



25°/17°
Showers

Friday



26°/14°
Variable

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will be 14 days from now.
Check the 14 day trend.

TWN incorporates MSC data

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